

PATENT NUMBER

U.S. **UTILITY** Patent Application

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PATENT DATE

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APPLICATION NO.	CONT/PRIOR	CLASS	SUBCLASS	ART UNIT	EXAMINER
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APPLICANTS

TITLE

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ISSUING CLASSIFICATION

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<input type="checkbox"/> TERMINAL DISCLAIMER	DRAWINGS		CLAIMS ALLOWED		
	Sheets Dwg.	Figs. Dwg.	Print Fig.	Total Claims	Print Claim for O.G.
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Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of sedentary middle-aged men. The subjects were 20 men, aged 40-50 years, who were sedentary and had no history of cardiovascular disease. They were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance exercises. The control group did not exercise. Physical fitness was measured by maximum oxygen consumption ($\dot{V}O_{2\max}$), maximum heart rate (HR_{\max}), and maximum power output (P_{\max}). Health was measured by blood pressure (BP), resting heart rate (HR), and body mass index (BMI). The results showed that the exercise group had significantly higher $\dot{V}O_{2\max}$, HR_{\max} , and P_{\max} than the control group after 12 weeks of training. The exercise group also had significantly lower BP, HR, and BMI than the control group after 12 weeks of training. The results suggest that a 12-week training program can improve physical fitness and health in sedentary middle-aged men.

(FACE)